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The *Start the Conversation* Documentary can be located at <https://www.youtube.com/watch?v=tnl9KW87l5c&t=2s>. Additional resources are available at starttheconversation.gpstc.org. If you would like to share your personal story, email learn@gpstc.org.

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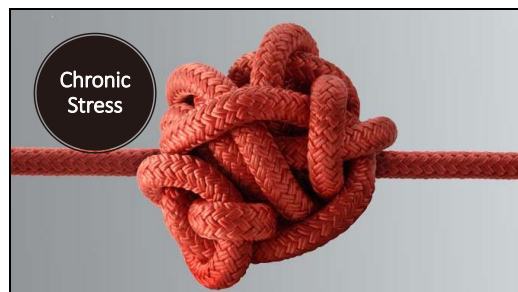


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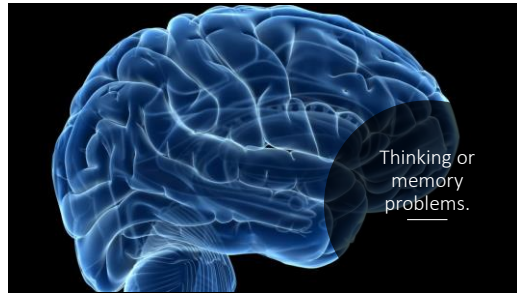


<http://starttheconversation.gpstc.org/stress/>

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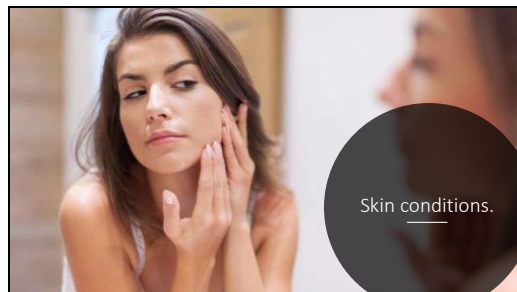
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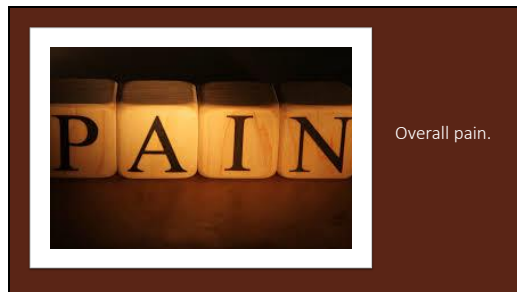
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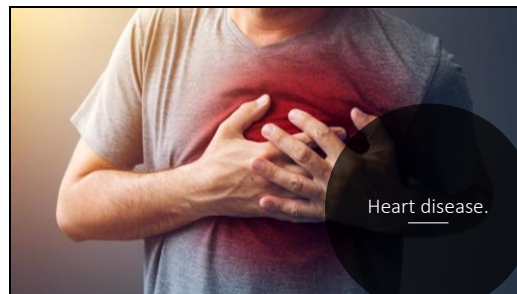
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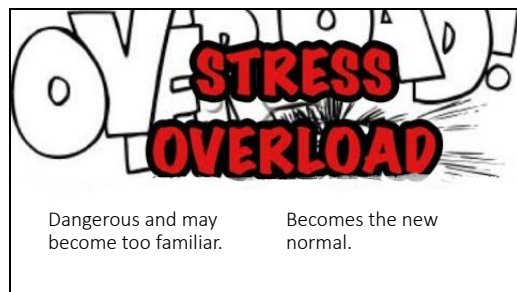
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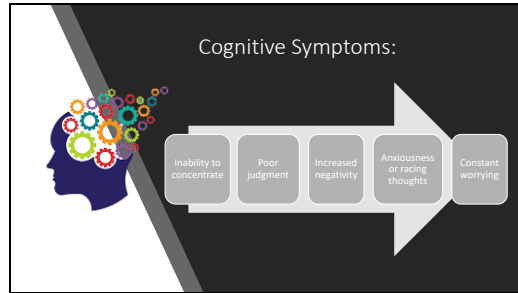
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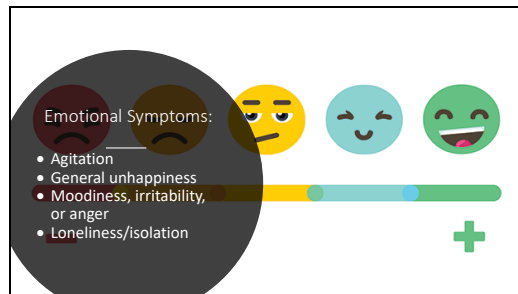
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Behavioral Symptoms:

- Change in eating
- Sleeping too much/too little
- Withdrawing
- Procrastinating
- Increased use of alcohol or drugs
- Nervous habits (ex. Pacing, nail biting)

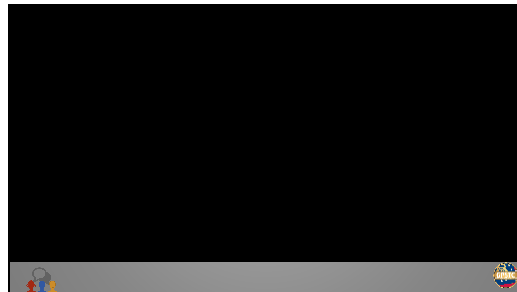
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Leads to pushing down emotions and may lead to:

- Depression
- PTSD
- Thoughts of Suicide



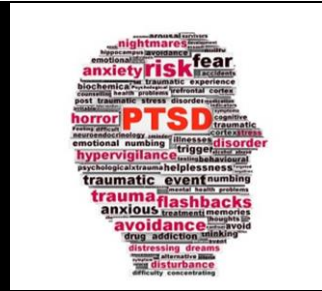
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Recognize the signs of PTSD



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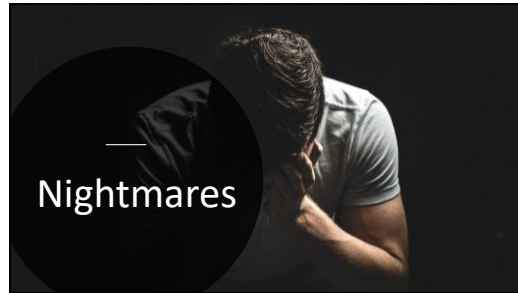
Flashbacks

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Distressing memories

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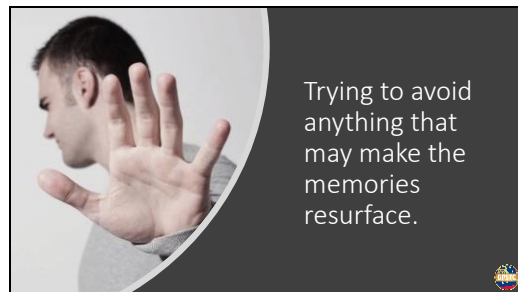
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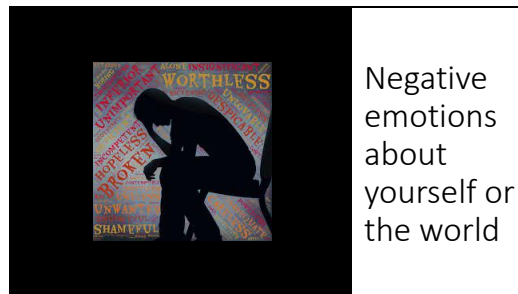
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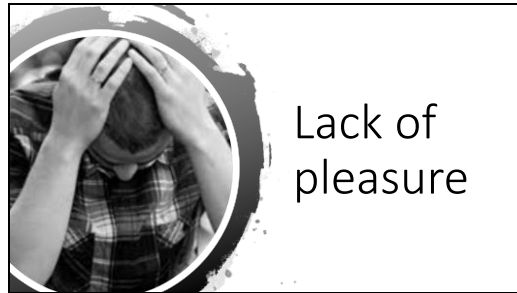
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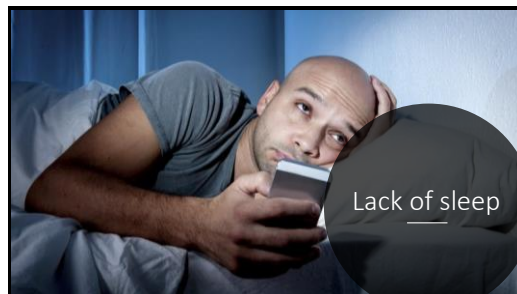
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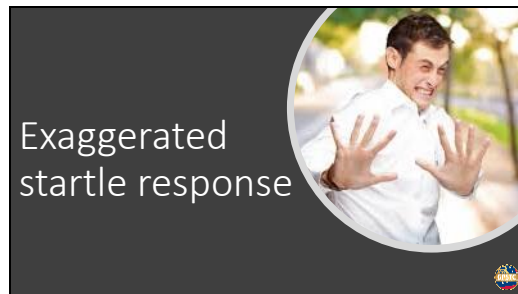
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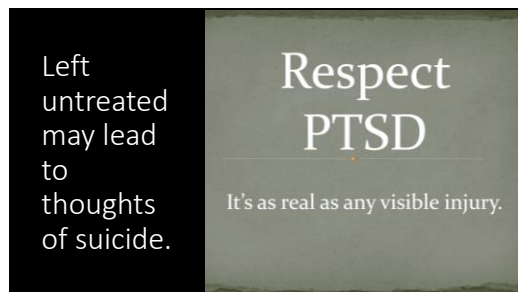
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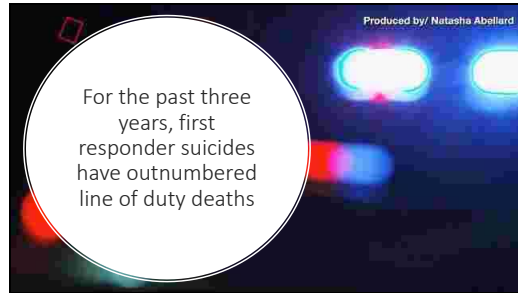
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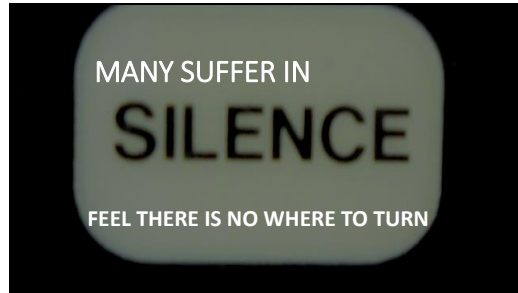
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Talking about
wanting to die or
to kill themselves.

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Looking for a way
to kill themselves.

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Talking about
feeling hopeless or
having no reason
to live.

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Talking about
feeling trapped or
in unbearable
pain.

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Talking about being
a burden to others.

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Showing rage or
talking about
seeking revenge.

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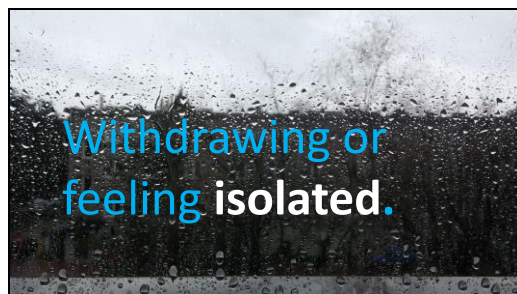
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If command staff recognize any of these symptoms or other possible symptoms, they should check on the employee and offer them immediate assistance.

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Ask the person directly if he or she:

- Is having suicidal thoughts or ideas
- Has a plan to do so, and
- Has access to lethal means

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ASK THE PERSON DIRECTLY:

- "Are you thinking about killing yourself?"
- "Have you ever tried to hurt yourself before?"
- "Do you think you might try to hurt yourself today?"
- "Have you thought of ways that you might hurt yourself?"
- "Do you have pills/weapons in the house?"

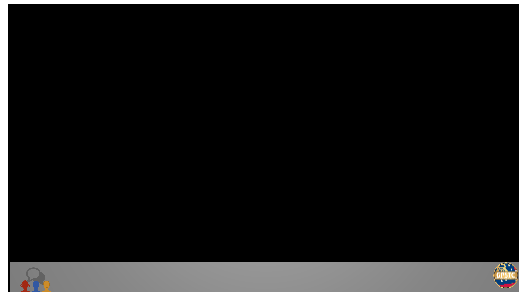


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A crossword puzzle graphic where the words "LIFE", "FAMILY", "WORK", and "BALANCE" are formed by interlocking red and white letter tiles. The tiles are arranged in a grid, with some letters overlapping. The word "LIFE" is vertical, "FAMILY" is horizontal, "WORK" is vertical, and "BALANCE" is horizontal.

- Employee Assistance Program (EAP)
- Georgia Crisis and Access Line (GCAL)
- Critical Incident Stress Management (CISM)
- Peer Support
- CopLine
- Safe Call Now

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